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Bangalore Mirror

TEMP Max 36 | Min 22 | Humidity 24% Partly Sunny Sensex 76,847 | Nifty 23,842 | Gold 1,54,162 | Silver 2,52,700 | Dollar 93.75 | Euro 109.81 | GBP 126.25

RIPPLES OF WAR

Today we look at how supply chain of critical medical equipment has been disrupted, pushing up procurement costs for hospitals

PAGE 2

BATTING BONANZA

Fans eager to catch RCB break the mid-table logjam with fiery batting as they look to dismantle inconsistent Lucknow Super Giants

PAGE 7

Two public swimming pools constructed using taxpayers' money are completely unusable — while one that was built two years ago is not yet inaugurated, the other is abandoned, misused and overrun with weeds

GO ON, MAKE A SPLASH

Differences between politicians said to be behind stalled projects

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TWEETS @BangaloreMIRROR

With temperatures soaring gradually at an alarming rate in the city, more people are heading towards swimming pools to beat the heat. There are swimming pools at different locations in the city, but residents of some areas are not able to enjoy the luxury this summer despite the civic body having spent considerable amounts on constructing pools.

Check out this swimming pool constructed by the then Bruhat Bengaluru Mahanagara Palike (BBMP) at Laggere in Raja Rajeshwari Nagar Assembly constituency. The swimming pool was set for inauguration but allegedly differences of opinions between the sitting MLA Munirathna and Congress leaders stalled the inaugural function.

The swimming pool has been lying idle for the last two years thus depriving residents, especially children, of the luxury of diving into it. "It is shocking to come across the swimming pool lying idle for more than two years due to petty politics. The pool is constructed using taxpayers' money and has nothing

CONTINUED ON PAGE 8 »

The swimming pool constructed at Laggere more than two years ago is yet to be opened for public; (Inset) The swimming pool was inaugurated by the then chief minister DV Sadananda Gowda

> **"Most of the residents in and around Laggere belong to middle-class families and cannot afford to go to private swimming pools. I appeal to politicians not to delay the inauguration of the swimming pool**
>
> —Devesh, Laggere resident

Still buffering

Central Pollution Control Board clarifies that at least 50-100 mt around a lake has to maintained as buffer zone, where no activity can be allowed

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In a report submitted to the National Green Tribunal, the Central Pollution Control Board (CPCB) has stated that a buffer zone of at least 50 to 100 metres around a lake should be maintained.

This area should also be designated as a green belt zone, and no activity should be allowed within the buffer zone by the departments concerned in any state.

CPCB clarified it in response to the Karnataka Tank Conservation and Development Authority Amendment Bill 2025 (KTCDA Amendment Bill 2025), which was passed by the state cabinet in September last year.

The Bill has amended the size of buffer zones around lakes in the city. As per the amendment, the buffer zone will now be down to 3 metres from the boundary of a lake measuring up to one acre.

It will be 6 metres for lakes between one and 10 acres in size, 12 metres for lakes between 10 and 25 acres, 24 metres for lakes between 25 and 100 acres, and 30 metres for lakes above 100 acres in size. Following a news article on the amendment, NGT took up a suo-motu case on the matter and made CPCB one of the respondents.

CONTINUED ON PAGE 8 »

THINGS TO DO

01 Taste test

Amay Dessert Studio presents a chocolate tasting experience where guests can explore flavour, texture and storytelling while sampling a curated selection that highlights the nuances of cocoa, the craft behind each piece, and the stories connected to them. Where: Atta Galatta, Indiranagar; When: April 19, 1 pm

02 Comic timing

Known for his authentic style and dynamic performances, renowned Indian stand-up comedian and content creator Harsh Gujral brings his signature humour to Bengaluru, with an all new live performance called 'Harsh O Ullas'. Where: MLR Convention Centre by Brigade Hospitality; When: April 17, 8 pm

03 Vibe set

SOCIAL and BOSS Burger bring the BOSS Block Party with live BOSS Burger counters in a relaxed, sundowner-style setting that blends food, drinks, games, and music into one easygoing block-party experience. Where: Koramangala SOCIAL; When: April 19, 2 pm

04 Perfect match

Loco Lane transforms match day into a premium fan sanctuary, offering all inclusive IPL screenings with gourmet dining and the comfort of premium box seating for an elevated experience. Where: Loco Lane, Ashok Nagar; When: Until May 31, 5 pm

05 Write side up

Atta Galatta is presenting an Indie Authors Social, focusing on the challenges faced by independent writers, offering opportunities to connect, set 1–3 year goals, and collaborate, aiming to support authors in shaping their creative journeys. Where: Atta Galatta, Indiranagar; When: April 19, 11 am

Healthcare caught in crossfire of costs

Doctors say hospitals are facing procurement delays and rising costs as disrupted global logistics and reliance on limited manufacturing hubs drive up prices of imported medical equipment

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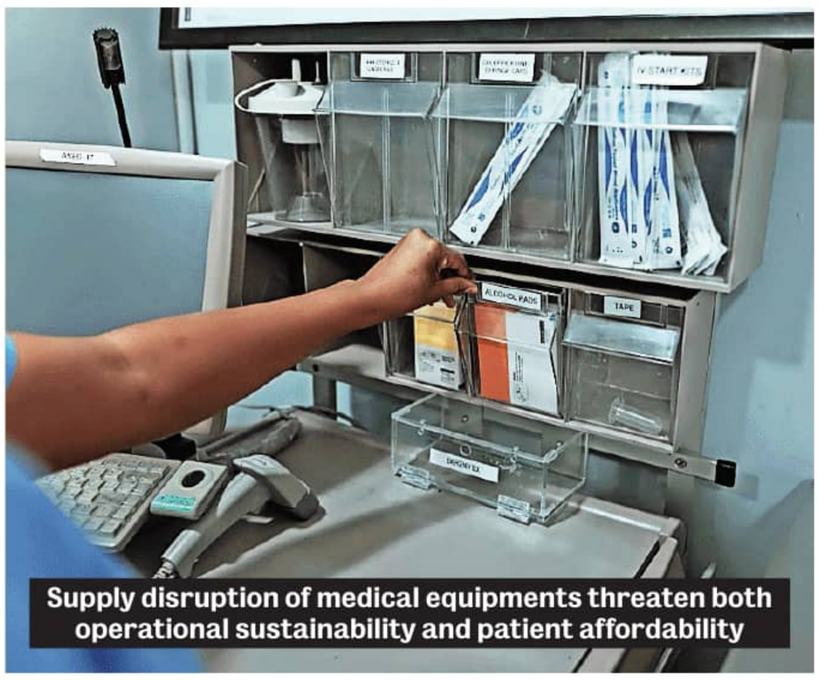
Ongoing geopolitical conflicts are beginning to ripple through India's healthcare sector, disrupting the supply chain of critical medical equipment and pushing up procurement costs for hospitals. From delays in shipments to rising prices of imported devices, healthcare providers are grappling with an increasingly uncertain global market. While large hospital networks have some buffer through bulk purchasing and long-term vendor contracts, smaller and mid-sized hospitals are feeling the strain more acutely. With limited negotiating power and tighter budgets, they are finding it harder to absorb rising costs or navigate supply disruptions, raising concerns about operational sustainability and affordability for patients.

Dr CM Nagesh, Founder of Cardea Super Speciality Hospital, said that the impact is visible across both supply timelines and pricing. He said hospitals are experiencing delays in procurement due to disrupted global logistics and increased dependency on limited manufacturing hubs. "Currency fluctuations and higher freight costs have further inflated prices, especially for imported equipment. This has made planning and inventory management significantly more complex for healthcare providers. The sharpest increases are being observed in high-dependency imported categories such as diagnostic imaging equipment, critical care devices, and surgical consumables. Items like ventilator components, imaging machine parts, and specialised surgical disposables have seen notable cost escalations. Consumables in particular are under pressure due to their recurring demand and dependence on global supply chains," said Dr Nagesh.



Supply disruption of medical equipments threaten both operational sustainability and patient affordability

RIPPLES OF WAR

Hospitals are renegotiating vendor contracts, consolidating procurement and exploring alternative suppliers including domestic manufacturers.

Dr Ravindra R of Suguna Hospital and Former President of PHANA, said, "There are delays in supply due to logistics disruptions. Syringes and drips have not increased in price as of now, but if this situation continues, they are likely to go up as well. Dialysis machine prices have already risen due to dollar appreciation. Nitrous oxide, which is essential for hospitals, is also facing supply disruptions. At the association level, we have not yet approached the government, but if this continues for longer, we will have to seek intervention."

Dr Manish Matoo, CEO and Executive Director, HCG hospital, noted that HCG's procurement exposure is structurally different from a general hospital group and more vulnerable. "Our spend is heavily concentrated in three high-risk categories: radiation oncology capital (LINACs, imaging solutions— all imported from Varian/Siemens/Elekta/GE), oncology pharmaceuticals (especially sterile injectables and biologics), and high-precision consumables (brachytherapy seeds, infusion sets, PET tracers, single-use surgical kits)," he explained. He said the India-specific risk layer is significant as the retaliatory dynamics affect API pricing and import flows.

Dr Nagesh said that hospitals are trying to absorb a significant portion of the cost increase to avoid burdening patients, but a complete absorption is not always sustainable.

Auto drivers struggle as LPG shortage hits Bengaluru

Auto drivers in the city continue to face difficulties due to disruption in LPG supply, with the situation persisting through Tuesday. Around 80 per cent of private LPG stations have been shut after supply was stopped over concerns of misuse, forcing drivers to depend on limited government-run outlets. Though LPG is available at Indian Oil and HPCL stations, long queues stretching for hours have become common, with drivers lining up as early as 4 am. Despite waiting for two to three hours, many are unable to get a full tank, affecting their daily earnings. Sources said that there are only 28 government LPG stations across the city, while over one lakh autos depend on LPG. In several places, supply is restricted to just 5 to 6 kgs per vehicle.

PU students to get free textbooks from 2026–27

The state education department has decided to extend the free textbook scheme to Pre-University (PU) students from the academic year 2026–27, benefiting around 61 lakh students. So far limited to Class 10, the scheme will now cover PU colleges, reducing the financial burden on parents, especially in rural areas. Karnataka has 1,319 government and 815 aided PU colleges, where students across arts, science and commerce streams will receive textbooks for 34 subjects under the scheme.

In government PU colleges, about 13.17 lakh students are enrolled across first and second year, while aided colleges have around 1.91 lakh students. The education department had submitted a proposal of Rs 30.83 crore for distribution of textbooks and workbooks from Classes 1 to 12, which has been approved by the government.

Meanwhile, the Karnataka Examinations Authority clarified that for CET ranking, the higher score obtained by II PU Science students in either of the two exams will be considered, and results will be announced only after both exam results are declared, advising students not to believe rumours. — BMB

Together in celebration

Bengaluru celebrated Tamil New Year, Baisakhi and Ambedkar Jayanti on Tuesday in a vibrant display of tradition, culture and unity

Tech-tock: 12-year-old's app ends the 'wait' for school vans

8th grade student develops school management application with GPS feature to track school vehicles, integrated fee payment, attendance records and exam schedules in single, seamless dashboard

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The notorious Bengaluru gridlock has long been the bane of every parent's morning, usually involving a frantic series of phone calls to van drivers while standing on the pavement. However, for a section of parents, the "where is the van?" anxiety is finally becoming a thing of the past, thanks to an 8th-grader who decided that coding was a better use of his time than complaining.

12-year-old Aditya Kunchur, inspired by the engineering grit of Elon Musk, has developed a comprehensive GPS tracking and school management app that effectively puts a "digital twin" of his school into the pockets of students and parents alike.

The spark for this innovation came from watching the daily chaos of his own community. "I noticed that in 2026, it felt prehistoric for friends and their families to be guessing a vehicle's location when the data could be at their fingertips. Rather than waiting for a tech giant to solve the local problem, I dived into the world of JavaScript to build a unified interface.

Unlike standard tracking apps, my creation is a one-stop-shop; it doesn't just show a live map with real-time ETAs to help navigate city traffic, but also integrates fee payments, attendance records, and exam schedules into a single, seamless dashboard," Kunchur said.

Utilising natural language processing, the AI allows students to skip the tedious task of hunting through PDFs for their exam portions or school calendars. Instead, they can simply ask the app for their homework or schedules and receive instant, accurate responses.

Kunchur, a largely self-taught developer who treats coding as his "creative break" after school assignments, spent months refining the logic, ensuring that sensitive data like exam results and fee payments were protected by high-level encryption; a challenge he relished as a future software designer.

For Aditya, this is just the prototype for a much larger dream. He believes every school in the country could benefit from such digital integration and is already working on updates, including automated 'two-minute away' alerts for parents.

With a goal to eventually tackle urban planning and sustainability, the 8th-grader is no longer just a student of the future; he is actively helping to design it, one line of code at a time.

For Aditya, the journey from "how does it work?" to "I built it" has been paved with consistent effort. He manages his time with the same precision found in his app's backend logic, dedicating at least two hours daily to development after his schoolwork is finished.

Young innovator's app also leverages natural language processing, enabling students to bypass tedious searches through PDFs or calendars and instead instantly request homework or schedules, receiving responses that streamline study and school planning

By treating the city's traffic as a logic puzzle rather than an annoyance, this young innovator has proven that the biggest solutions often come from those who see the world through a fresh set of eyes and a laptop screen.

School rebuked for denying re-exam chance to student

HIGH COURT

The Karnataka High Court has strongly criticised a private school for allegedly refusing to allow a Class 8 student to take a re-examination and instead pressuring him to leave the institution by issuing a Transfer Certificate (TC).

A division bench comprising Chief Justice Vibhu Bakhru and Justice CM Poonacha raised serious concerns over the school's conduct while hearing a petition filed on behalf of the student. The court questioned the rationale behind penalising a child for circumstances stemming from a dispute involving his father.

According to the petition, the school denied the student an opportunity to reappear for an exam and insisted that he withdraw from the institution. This action was allegedly linked to friction between the school management and the student's father, who had previously lodged a complaint against the institution.

The bench indicated that such actions, if proven, would be inconsistent with the intent of the Right of Children to Free and Compulsory Education Act, 2009.

The judges emphasised that a student's access to education cannot be compromised due to conflicts unrelated to their academic performance or behaviour.

The court's observations underline that schools must prioritise the welfare and educational rights of students, and cannot allow disputes with parents to adversely affect a child's academic future. **BMB**

SC Collegium recommends elevation of three judicial officers as K'taka HC judges

The Supreme Court Collegium, headed by Chief Justice of India (CJI) Surya Kant, on Tuesday recommended the appointment of three judicial officers as judges of the Karnataka High Court.

In a statement, the apex court Collegium said that in its meeting held on April 14, it approved the proposal for the appointment of judicial officers Rajeshwari Narayana Hegde, Kedambadi Ganesh Shanthi, and Mahadevappa Brungesh as judges of the Karnataka High Court.

"The Supreme Court Collegium in its meeting held on 14th April, 2026, has approved the proposal for appointment of the following Judicial Officers as Judges of the High Court of Karnataka: (i) Smt Rajeshwari Narayana Hegde, (ii) Smt Kedambadi Ganesh Shanthi, and (iii) Shri Mahadevappa Brungesh," the statement said.

The SC Collegium, headed by the CJI and comprising senior-most judges of the apex court, is responsible for making recommendations for appointments and transfers in the higher judiciary. **IANS**

CRIME FILES

Bagaluru police to auction seized vehicles today

An auction will be held at Bagaluru Police Station on April 15, 2026, at 9 am, where police will sell 19 two-wheelers and three four-wheelers of various models seized in different cases.

Authorities stated that no rightful owners have been identified for the vehicles, and as per court order, they will be disposed of through a public auction on the station premises. Interested buyers are encouraged to participate, and further details can be obtained by calling 08028469100 or 9489891418. **BMB**

No-parking row on DVG Road goes viral

A video is gaining traction on social media, showing a motorcyclist allegedly parked in a no-parking zone on DVG Road, causing traffic disruption and sparking a verbal altercation with a traffic police official and a bystander recording the incident.

The motorcycle, bearing a Delhi registration, was seen obstructing the busy stretch, and upon questioning, the rider engaged in a heated exchange, with the situation escalating further when the bystander confronted him. **BMB**

Mother allegedly kills child, takes own life

In an incident reported on Tuesday, the Whitefield police found bodies of a 45-year-old woman and her 13-year-old daughter dead in the same room at their residence on Immadihalli Main Road.

The deceased have been identified as Suvarna (45) and her daughter Tarunya (13). According to police, information about the incident was received around 11 am, following which officers, along with the Scene of Crime (SOCO) team, rushed to the spot. Upon entering the house, they found the woman hanging, while the daughter was lying dead on the bed. Preliminary investigations indicate that the woman allegedly smothered her daughter to death before taking her own life, though the exact circumstances remain unclear.

Police said that, according to the investigation, the mother was suffering from depression. However, police also said that no suicide note was found at the scene, and there were no reported conflicts between the two, with the duo believed to have shared a close and healthy bond.

Based on the complaints received, two separate cases have been registered. The husband, Chandrashekhar, filed a complaint accusing his wife of killing their daughter, while Suvarna's brother, Manjunath, has expressed suspicion over the circumstances surrounding the deaths.

Police said further investigation is underway to ascertain the exact sequence of events and motive behind the incident. **BMB**

Neglected railway land turns into burning garbage nightmare

Repeated complaints ignored as garbage piles up on railway land, with recent fire exposing risks, poor waste management and ongoing civic apathy

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Residents of Hutchins Road were shocked to come across a massive garbage fire on Monday. Heaps of garbage on a vacant land belonging to South Western Railway, adjacent to Hutchins Road, were set on fire by miscreants. Residents said they have been complaining about the accumulation of garbage on the vacant land for years, but no lasting action has been taken to end the issue.

Bangalore Mirror had earlier published a story – Garbage heaps plague vacant railway land near Banaswadi – on January 15, 2025, highlighting how heaps of waste on vacant railway land near Banaswadi Station exposed civic apathy, infrastructure damage, foul odour, mosquito menace and prolonged suffering of residents. Authorities had then assured action, but the problem continues.

They said that Bengaluru Solid Waste Management Limited (BSWML) authorities have failed to ensure there are no garbage black spots in the locality by clearing waste regularly and consistently. "I am grateful to the Commissioner for deputing officials to the spot after receiving my complaint but I cannot go on disturbing the Commissioner on a daily basis. It is the responsibility of the conservancy workers engaged for collecting garbage from door to door to ensure no black spots in the locality. The respective assistant general manager or health inspector must visit the locality and take measures to remove garbage on a regular basis", said Albert R.

(1) Garbage was set on fire on Monday near Banaswadi Railway Station; (2) Heaps of garbage near Bangaswadi Railway Underpass; (3) The place where garbage was set on fire on Monday

The vacant land near the railway underpass has become a dumping spot for all kinds of garbage, including old mattresses and chicken waste. Lack of a compound wall along a stretch of railway land has made it easy for irresponsible residents to dump waste freely. "South Western Railway authorities must construct a compound wall on this stretch to prevent people dumping garbage. As of now, the stretch is covered with chain link fencing net. It serves no purpose," said Albert.

Expressing concern, Sampath Mudaliar, a retired scientist from DRDO, said garbage has become a serious menace. "We are ready to give suggestions if the authorities concerned have the time to discuss with us," he said. Demanding action, Vijaya Bhaskar Reddy, a resident, said accumulation of garbage is both an eyesore and a health risk. "The other problem is sewage flowing into the storm water drain along our compound wall. I have already complained to the BWSSB engineer to fix the problem. He is yet to attend to this problem," he said.

Meanwhile, BSWML Assistant General Manager Mamata said she visited the spot after the fire. "I engaged workers to barricade the place where garbage was set on fire. I will take measures to clear heaps of garbage on the railway land near the underpass," she said.

Metro luggage fee sparks commuter outrage online

A commuter's social media post criticising additional luggage charges on the Namma Metro has sparked fresh discussion on the affordability and commuter-friendliness of public transport in the city.

In the post, the user recalled being charged Rs 30 extra to carry luggage on the Bengaluru Metro, despite already paying what they described as relatively high fares. The complaint quickly gained traction online, with several commuters sharing similar experiences and questioning the rationale behind such surcharges. The post also drew comparisons with the Delhi Metro, where passengers are generally allowed to carry suitcases without paying additional fees. The Delhi system is often regarded as a benchmark for efficient and commuter-oriented urban transit.

Urban transport experts say such pricing policies could influence commuter choices. "Public transport systems thrive on convenience and predictability. When passengers are faced with unexpected add-on costs—like luggage fees—it creates friction and discourages regular use, especially for daily commuters," said an urban-mobility expert.

She noted that while metro authorities may justify such charges on operational grounds, they risk sending the wrong signal. "If the goal is to reduce private vehicle usage in cities like Bengaluru, the system has to be both affordable and hassle-free. Even small charges can have a psychological impact on ridership," she said.

Blue Line impact

The issue gains importance as the Blue Line—expected to connect key IT corridors to Kempegowda International Airport—is positioned as a major solution to the city's airport connectivity challenges. At present, unpredictable traffic often makes road travel to the airport time-consuming and stressful.

However, commuters argue that additional charges risk alienating precisely the user base the line is meant to attract. Frequent travellers say the very idea of charging extra for baggage runs counter to the purpose of an airport metro. "Charging extra for luggage defeats the very purpose of an airport metro. Air travellers, by definition, carry bags—charging them for it will only push them back to cabs," said a regular flyer who commutes to the airport for work. "Globally, airport metro systems are designed to be seamless. Extra baggage charges send the opposite signal—that passengers are an inconvenience, not the priority," said another commuter.

Commuters demand seamless and affordable metro travel without hidden charges

The Blue Line of Namma Metro is being developed in phases, with authorities opting for a staggered opening rather than commissioning the entire corridor at once. The first operational stretch—connecting Silk Board to KR Pura along the Outer Ring Road—is currently expected to open by December 2026, passing through key employment hubs.

The remaining portions, particularly the extension from KR Pura to Kempegowda International Airport, are likely to be completed in stages through 2027, with full corridor connectivity expected later that year. The Public Relations Office (PRO) of BMRCL told Bangalore Mirror that the corporation has not made a decision on the matter yet.

— BMB

whatsapp MIRROR
9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

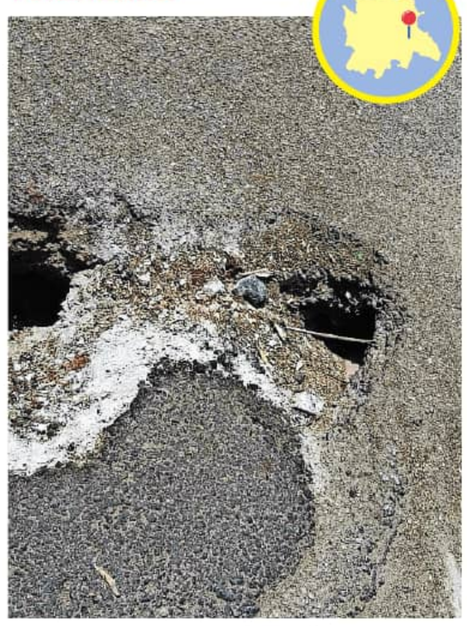
Walk in the dark

Ramagondanahalli

Ramagondanahalli Lake needs a paved walking track to reduce dust hazards and proper lighting to ensure safety after dark.

Pothole peril

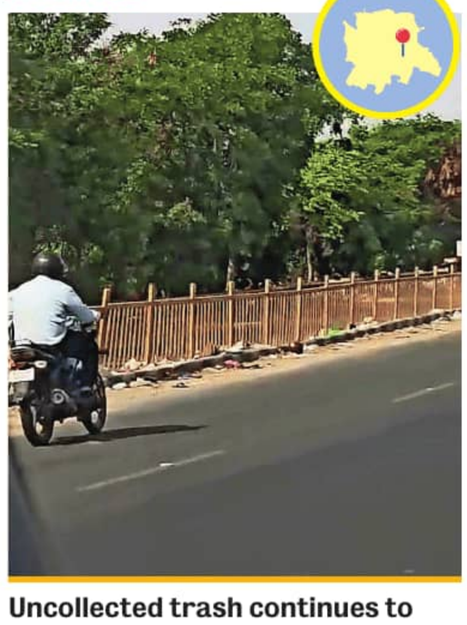
Yelahanka



The road opposite Yelahanka Railway Station in Old Town is filled with deep potholes, posing serious risk to daily commuters.

Garbage neglect

Hoskote



Uncollected trash continues to pile up along the Hoskote highway between Batrahalli and Kattamanaalur due to lack of clear jurisdictional accountability.

Cut the ribbon, not their routine!

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Over 20 women conservancy workers have been facing numerous problems due to the delay in inaugurating the newly constructed multipurpose building on Pipeline Road in Yeshwanthpur, in the Raja Rajeshwari Nagar Assembly constituency.

The women conservancy workers were previously comfortable with an old structure that was used as a mustering centre, which had space for them to have breakfast. Their problems began when the then BBMP authorities decided to demolish the existing structure and construct a multi-storey building at a cost of several crores of rupees. These workers used to utilise available space on the street to have breakfast and also depended on the generosity of residents to use their premises to change clothes or attend to nature's call. Now, they have been waiting for the authorities and politicians to chalk out a programme to inaugurate the new building.

"We used to use the premises opposite this building to change clothes, but now we are not allowed to do so. We have to change clothes (uniform) at home, and it has become inconvenient for us. I want the new building to be opened without any delay," said a woman conservancy worker.

With the delay in the inauguration of the newly constructed building, the women conservancy workers have no place to keep brooms and other equipment. "We have to carry brooms while going home. It is not easy for us to carry them while commuting on BMTC buses. I appeal to the authorities concerned either to provide an alternative space or open the new building as early as possible," another worker said. These conservancy workers are not in a position either to demand action from the authorities or stage a protest for a basic amenity. "We have no option but to endure in silence. The construction of the building was completed long ago, but it is yet to be inaugurated for reasons best known to the authorities and politicians," said a worker on condition of anonymity. Meanwhile, Bengaluru Solid Waste Management Limited (BSWML) Assistant General Manager Pavana, recently posted to Yeshwanthpur, said she would examine the issue and report the lack of space and amenities for women conservancy workers to senior officials.

Civic delay disrupts routines, as workers battle inconvenience without access to long-completed infrastructure

Locked civic building leaves sanitation workers struggling without basic facilities

DNA does it, systems don't

Forensic transformation gathers pace as portable testing solutions minimise delays, enhance field efficiency, and redefine evidence handling across complex investigations

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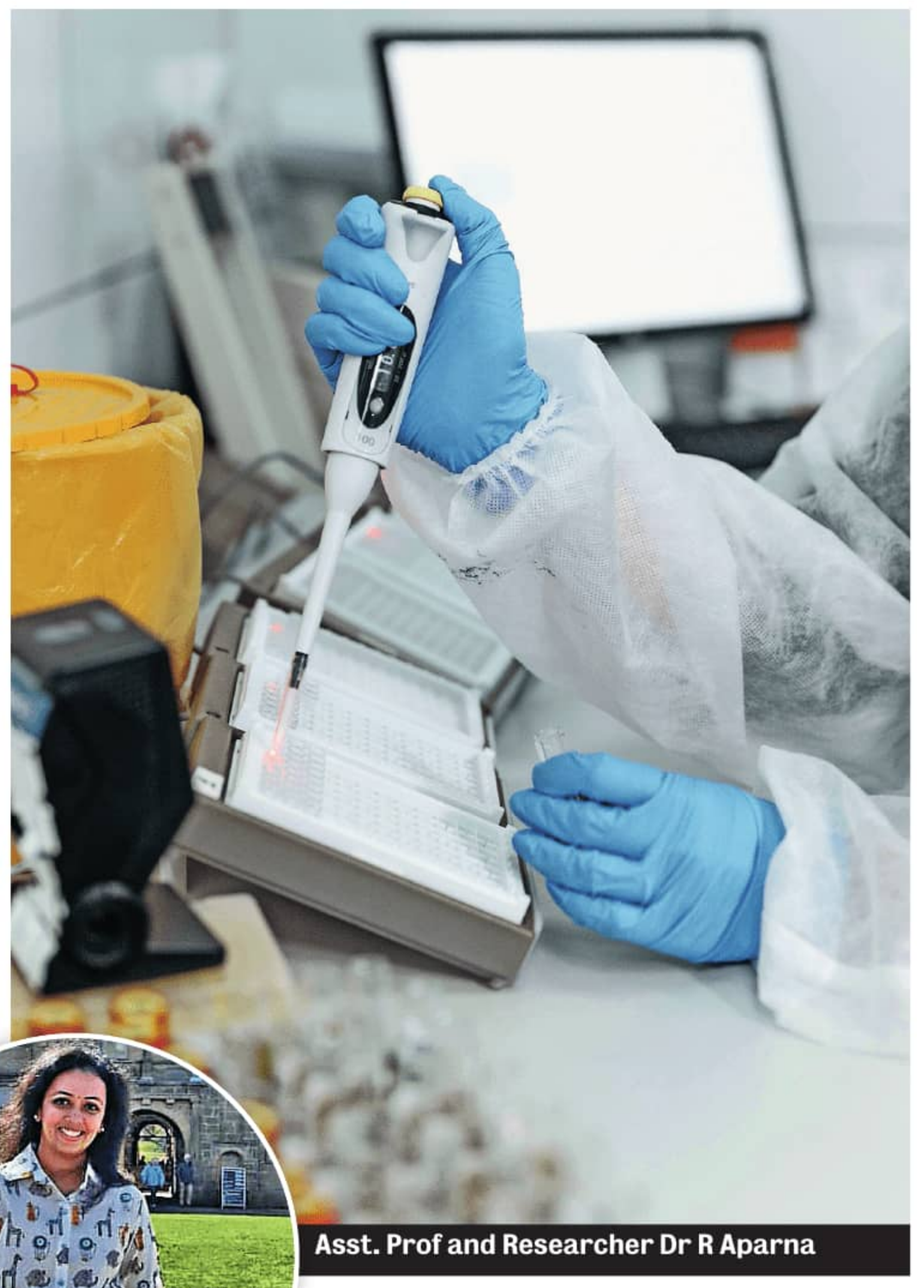
New technology is helping to bridge delays between evidence collection at crime scenes and confirmation through laboratory analysis. The entire process, which used to take weeks or even months, has received a significant boost, according to researcher Dr R Aparna, as instead of taking samples to the lab, the lab comes to the crime scene.

"In order to conserve time, effort, and resources, the research focuses on obtaining faster results to enhance and strengthen decision-making at the crime scene. This process will help investigators get answers on the ground during inspections," she said.

At present, forensic workflows can be very complex, as samples are sensitive in nature and can deteriorate over time as environmental factors come into play. There are multiple steps involved in sample collection, preservation, transportation, and laboratory testing, which require the involvement of various agencies. The process is not only time-consuming but also resource-intensive. By developing portable testing methods, investigators can reduce their dependency on laboratory timelines and focus on building leads to solve cases effectively.



Asst. Prof and Researcher Dr R Aparna

The premise of these emerging technologies is largely based on molecular biology approaches such as DNA barcoding, which allows highly specific identification of biological samples based on their nature and origin. Early findings suggest that such methods can answer investigative questions with promising levels of accuracy, which is the need of the hour in India.

According to Dr Aparna, a major concern in forensic science is maintaining evidentiary standards, especially when introducing new technologies in the field. Such research emphasises that rapid testing methods would require third-party verification and rigorous scientific validation before being deemed effective for use at crime scenes, as they must withstand legal scrutiny for reliability and validity.

"One of the most overlooked types of evidence is tears; due to their trace quantities and colourless nature, they have not been utilised sufficiently. However, my work has demonstrated that they can be vital evidence," she said. She explained that tears can be found on eyewear such as spectacles or contact lenses, which can help investigators unravel complex cases, especially when biological evidence is limited or has been damaged due to its sensitive nature and environmental exposure.

Rapid DNA identification tools can support time-sensitive cases like disaster victim identification, where quick decisions limit lab analysis.

Dr Aparna said India has yet to fully adopt such technologies, with forensic delays still a concern. She noted analysis timelines vary from weeks to six months depending on samples and case backlog, adding her research focuses on reducing cost and time while maintaining reliability.

Scientist warns traditional identification risks, backs DNA reliability, flags limited capacity and poor evidence handling

These rapid identification tools can extend beyond criminal investigations and shape wildlife forensics, which is often difficult due to the challenges investigators face. This area is currently gaining importance in India as wildlife crimes continue to rise, with illegal exports and hunting being primary causes. Moreover, wildlife crimes are complex and often involve protected species under the Wildlife Protection Act, 1972 that are difficult to identify through traditional morphological methods.

In parallel, the research also extends to species identification in wildlife forensics, with ongoing work focusing on the rapid field identification of protected plant species in India such as Sandalwood (Santalum album), Rosewood (Dalbergia latifolia), Red Sanders (Pterocarpus santalinus), and Agarwood (Aquilaria malaccensis), among others, to detect and identify trafficked plants and timber.

Dr Aparna cautioned that relying only on morphological identification is risky due to lookalike species causing errors during inspections. She stressed that advanced technologies can strengthen wildlife crime investigations.

She also noted that only a few institutions, including CCMB, WII and select FSLs, conduct advanced analyses, while DNA methods remain reliable. However, poor sample handling and overlooked trace evidence continue to hinder investigations.

CRIME FILES

Four held in daring ₹17L break-in

The Basaveshwaranagar police have arrested four persons, including a juvenile, in connection with a housebreaking theft reported in BEML Layout, recovering stolen property worth 17 lakh.

The accused have been identified as Nandish, Someshwara, Madhu Gowda, and Bhima, all in their early to mid-twenties. Police officials stated that the accused resided in the same neighbourhood, on a road adjacent to the victim's house.

According to the police, the incident was reported on March 31, 2026 by a resident of 1st Phase, BEML Layout. The complainant had locked the house and stepped out for a yoga session, but upon returning two hours later, found the door broken open and gold ornaments and cash missing. A case was subsequently registered at the Basaveshwaranagar Police Station.

Police recover hidden gold as four arrested in BEML Layout theft

Acting on credible leads, police apprehended two accused on April 3, near Dasarahalli, recovering ₹8,100 in cash and an autorickshaw used in the crime. Later the same day, two more accused, including a juvenile, were secured near Anmod village check post on the Ramanagara–Goa road.

During interrogation, the accused confessed to the crime. They revealed that portions of the stolen gold had been hidden at their residences and sold to associates and jewellery shops in Yediyur and KP Agrahara.

Subsequent recovery operations between April 4 and 7, led to the seizure of 115 grams of gold ornaments, ₹13,400 in cash, and the vehicle used in the offence. The accused were remanded to judicial custody on April 9, while the juvenile was produced before the Juvenile Justice Board.

—BMB

New arena deal brings sporting boom near city

Mega sports hub plan unveiled, as Karnataka pushes massive stadium project, easing pressure on Bengaluru's overcrowded cricket infrastructure systems

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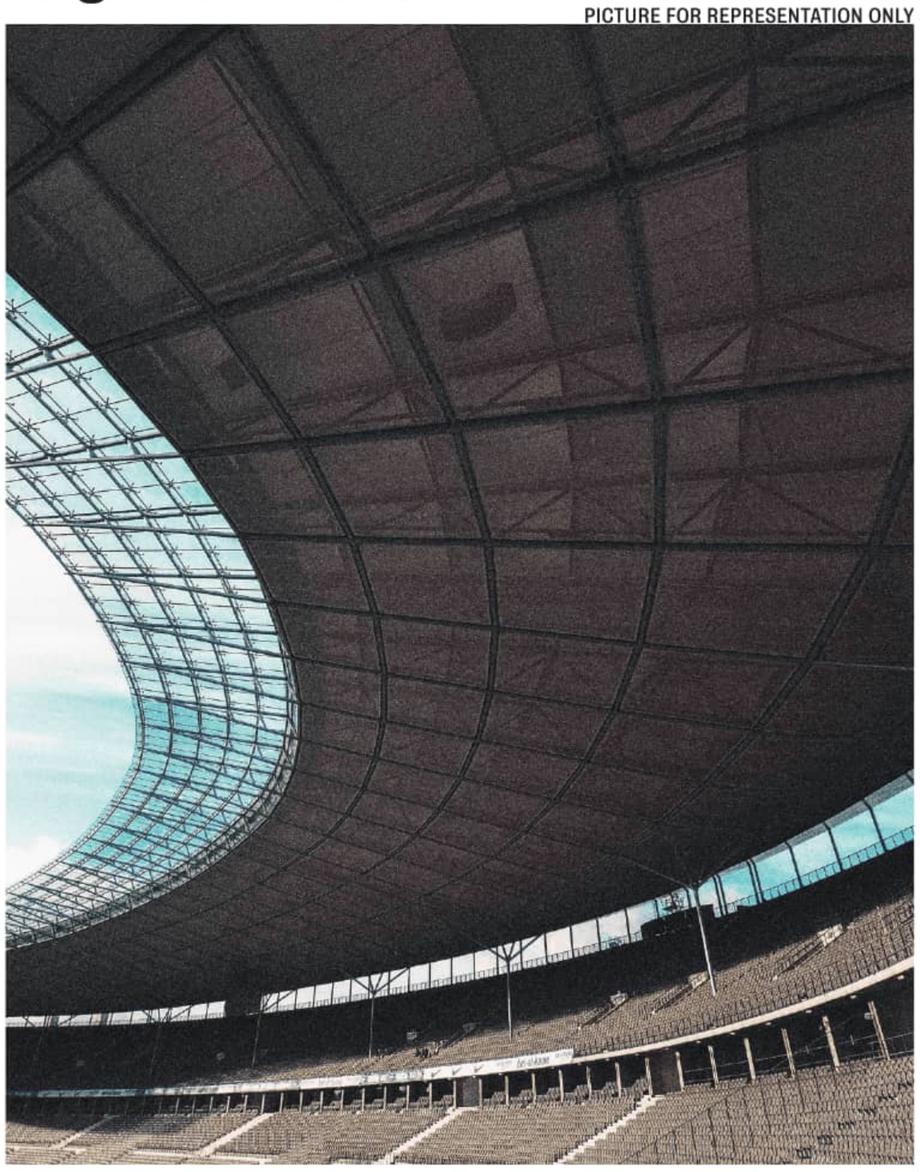
The Karnataka Housing Board (KHB) has formally initiated the process of developing a large international multi-sports complex on the outskirts of Bengaluru, with the first phase focusing on the construction of a major cricket stadium near Anekal. Planned at an estimated cost of Rs 943.46 crore, the proposed stadium will have a seating capacity of 80,000 and is being positioned as an alternative to the heavily burdened Chinnaswamy Stadium. The move comes in the wake of concerns over infrastructure pressure following past incidents at the existing venue, prompting the government to expand sports infrastructure in fast-growing areas such as Anekal. The project site has been identified at Surya Nagar Phase 4 in Indlavadi, spread across nearly 75 acres.

KHB officials said the proposal for the multi-sports complex was submitted earlier and received state government approval in August 2025, with the project also being officially announced in the state budget this year. While the initial plan was to develop the entire complex in a single phase at an estimated cost of around Rs 1,980 crore, it was later decided to implement it in stages to avoid delays and ensure smoother execution. As a result, priority has now been given to the construction of the international cricket stadium in the first phase, with an investment of nearly Rs 1,000 crore.

Government clears phased development near Anekal, prioritising 80,000-seat arena while broader complex promises world-class facilities, boosting regional athletics growth and easing venue congestion

PICTURE FOR REPRESENTATION ONLY



The larger vision for the project includes a comprehensive sports hub with facilities for a wide range of indoor and outdoor disciplines, such as football, hockey, tennis, volleyball, athletics, table tennis, handball, kabaddi, kho-kho, karate, wrestling, judo and weightlifting. In addition, the complex is expected to feature modern amenities, including residential facilities, hostels, guest houses, hotels, gyms, swimming pools and dedicated training spaces, making it a complete destination for sports and athlete development.

An official said: "The tender process for the stadium has been initiated under the Engineering, Procurement and Construction (EPC) model on a turnkey basis, with a two-bid system inviting applications from qualified contractors. Under this model, the selected agency will be responsible for the entire project, including design, preparation of blueprints, procurement of materials and execution of construction. The scope of work also covers the development of supporting infrastructure such as internal roads, electricity supply systems and other essential services required for the stadium's functioning."

Officials have indicated that the project could be further expanded in the future, with land requirements potentially increasing from 75 acres to up to 100 acres and overall costs rising to around Rs 2,350 crore. Once completed, the stadium is expected to be among the largest in India, second only to the Narendra Modi Stadium in Ahmedabad, significantly enhancing Karnataka's sporting infrastructure. Contractors will be given three months for the design phase and 33 months to complete construction, marking a major step towards creating a world-class sports facility in the state.

Transfer tug war sees fresh rule book

The state government has issued guidelines for the general transfer of its employees for 2026–27, allowing transfers of up to a maximum of 6% of the working strength in each cadre. The transfer window will be open from April 15 to May 31. Group A and B officers are eligible after two years, Group C after four years, and Group D after seven years. Transfers of A and B officers will be decided by departmental ministers, while C and D will be handled by appointing authorities.

The government has directed transparent implementation of transfers in public interest. Election duty staff are exempt, and immediate postings are mandatory. Employees under inquiry will be shifted to non-executive roles. Exemptions apply for retirement, spouse, medical and certain women cases. Kalyana Karnataka staff must serve 10 years, while persons with disabilities and dependants with serious health issues may get priority postings. — BMB

PM likely to visit Mandya today

Prime Minister Narendra Modi is expected to visit Karnataka on April 15, as part of a one-day tour that includes an official programme in Mandya district. The Prime Minister is likely to depart from Delhi at 7.15 am aboard an Indian Air Force B-777 aircraft and arrive at HAL Airport in Bengaluru at 10.05 am, according to a tentative schedule shared by BJP leaders here. He will shortly proceed by MI-17 helicopter to Mandya, where he is expected to land at 10.50 am. "He will reach Sri Kshetra Adichunchanagiri at 11 am and take part in the inauguration of Sri Guru Bhairavaikya Mandira at noon," the tentative tour programme stated. From the Mandya helipad, the Prime Minister will travel by road to Sri Kshetra Adichunchanagiri, the venue of the programme. Post-inauguration, he will depart at 12.05 pm, reach Mandya helipad by 12.10 pm, and return to HAL Airport, Bengaluru, by 12.55 pm after leaving at 12.15 pm. — BMB

Arkavathi in deep water over pollution

Toxic surge detected, as Arkavathi contamination levels soar far beyond safety norms, raising alarms over public health and environmental degradation

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The current level of microbial pollution in the Arkavathi River is nearly 350 times the safe limit. The water quality report under the central government's National Water Monitoring Programme (NWMP), prepared by the Karnataka State Pollution Control Board (KSPCB), shows that the level of coliform bacteria in the river stretch near Kanakapura is as high as 1,70,000 MPN/100 ml. Similarly, the faecal coliform bacteria concentration has surged to 48,000 MPN/100 ml. This pollution has placed the Arkavathi in the Class E use-based category, a water body that can be used only for irrigation, industrial cooling and controlled waste disposal.

As per CPCB standards, the permissible level of faecal coliform bacteria in water bodies considered suitable for bathing, contact water sports and commercial fisheries is 100 MPN/100 ml. In water bodies suitable only for industrial cooling, aesthetics, navigation and controlled waste disposal, the permissible level of faecal coliform bacteria is 500 MPN/100 ml.

Experts say a high concentration of coliform bacteria in a water body indicates contamination by human or animal waste, implying a severe risk of waterborne illnesses.

"Presence of a high level of coliform indicates a pathogenic organism. In addition to causing health concerns such as diarrhoea and salmonellosis, some coliform bacteria are known to confer multidrug resistance. While Arkavathi water is not being consumed directly, there is always a risk of contamination reaching the groundwater table," said a city-based hydrologist.

Under the central government's National Water Monitoring Programme (NWMP), the KSPCB monitors the water quality of 12 rivers, Arkavathi, Lakshmantirtha, Tungabhadra, Bhadra, Cauvery, Kabini, Kagina, Krishna, Shimsha, Bhima, Netravati and Tunga, at 38 locations.

As per the report, the Arkavathi stretch in Kanakapura town is the only station with the worst water quality. The remaining river stretches fall into either Class C or Class D use-based categories.

Report flags extreme bacterial presence near Kanakapura, linking sewage discharge, unchecked urban expansion, regulatory failure, and potential groundwater risks threatening ecosystems and communities

"Unchecked discharge of industrial effluents and domestic sewage has led to high pollution in the Arkavathi. The outskirts of Bengaluru have also witnessed a rapid rate of urbanisation, resulting in the destruction of wetlands. To add to this, the regulatory body, the Karnataka State Pollution Control Board, has been a mute spectator. There has been a complete lack of action by the state pollution control board against erring industries, leading to high pollution in the river," said the hydrologist.

RCB hoping for fiery batting unit to take down struggling LSG

FANS PIN HOPES ON BATTING FIREWORKS

Royal Challengers Bengaluru will rely on their fearsome batting unit to fire again as they look to dismantle an inconsistent Lucknow Super Giants and pull clear of the mid-table logjam in their Indian Premier League match here on Wednesday.

The Royal Challengers are currently third on the table with six points and four other teams are chasing the reigning champions with four points each.

The Bengaluru outfit is two points adrift of leaders Rajasthan Royals and a point behind Punjab Kings.

But in reality, no team in this edition of the IPL has driven fear into the hearts of bowlers more than RCB.

Rajasthan's aura has been built around Vaibhav Sooryavanshi's flashing blade while Punjab has been more solid than flamboyant, building their legacy around calculated chases.

But RCB have fired in unison. They have resembled a battering ram and it reflects in the strike-rates of their top five.

Virat Kohli (162), Phil Salt (178), Rajat Patidar (214), Tim David (221) and Devdutt Padikkal (201), have put all comers through the wringer in IPL 2026.

These five batters have combined to smash an astonishing 52 sixes across four matches, the most by any team in this IPL season, taking range-hitting to another level.

As a result, they have never scored less than 200 in this IPL so far -- an apt reflection of their marauding batting ideology.

Virat Kohli of RCB with Rishab Pant and Kane Williamson of LSG share tips during net practice on Tuesday ahead of IPL match at M Chinnaswamy stadium on Wednesday

Kohli bats at nets

Kohli had gone out of the field with an ankle niggle during the previous game against Mumbai Indians, raising some concerns about his availability for Wednesday's match.

But the star batter batted at nets for sometime with a strap around his leg to allay the worries for now.

The RCB will also want to cash in on the home stretch of three matches -- the LSG match will be followed by fixtures against Delhi Capitals (April 18) and Gujarat Titans (April 24) -- before travelling to Raipur for two 'home' contests.

Can Shami & Co. deliver?

But will they meet their match in the Super Giants bowling attack at the Chinnaswamy?

The LSG attack comprising veteran India pacer Mohammed Shami, Prince Yadav and Digvesh Rathi has been impressive so far, finding a way to keep the opposition largely under check.

Shami's economy of 6.2 is best in the league among regular bowlers so far, but the trio will need to be on the money every ball against RCB batters on a placid Bengaluru pitch.

Despite bowlers coming up with some lion-hearted efforts, LSG find themselves seventh on the table, and that is largely because of the uninspired outings of their batters.

The batting line-up led by Rishabh Pant has yet to hit its strap, and the skipper's own form says it all -- 103 runs from four matches at a strike-rate of 130. Other big guns like Mitchell Marsh, Aiden Markram, Nicholas Pooran and younger names like Ayush Badoni and Abdul Samad have also gone cold.

Mukul Choudhary showed some spark, but he will have to do that more consistently going forward.

However, they have a chance to find some rhythm here against RCB bowlers --staying afloat on the mass of runs their batters colleagues have made.

Jacob Duffy made an impressive debut against Sunrisers Hyderabad taking three wickets but since then his runs giving rate has soared, touching 11.5.

RCB will need heavier contributions from the experienced Bhuvneshwar Kumar and Krunal Pandya, and domestic names like Rasikh Salam and Suyash Sharma as the tournament is hurtling down towards a faster, crucial phase.

The Royal Challengers will hope that lead pacer Josh Hazlewood will find his lethal best at the earliest, having made a comeback in the match against Rajasthan. —PTI

Today's battle

Royal challengers
VS
Lucknow super giants
7.30 PM Bengaluru

Elaborate traffic arrangement made in Bengaluru today

In view of the IPL cricket match on April 15 at M Chinnaswamy Stadium here, Bengaluru Traffic Police on Tuesday said that elaborate arrangements have been made to ensure smooth movement of vehicles in the city.

According to the traffic police, Parking will be prohibited on several roads around the stadium, including Queens Road, MG Road, Link Road, Raj Bhavan Road, T Chowdaiah Road, Race Course Road, Central Street and Cubbon Road.

The parking ban will also apply to St Mark's Road, Museum Road, Kasturba Road, Lavelle Road and Vittal Mallya Road. Parking will also be strictly prohibited inside Cubbon Park.

Spectators can park their vehicles at designated locations such as St Joseph's Indian High School Ground, St Joseph's European School Ground, Freedom Park multi-level car parking, Garuda Mall parking, Shivajinagar Bus Stand (first floor), UB City parking and Sree Kanteerava Stadium, the traffic advisory stated.

Entry to the stadium will be allowed through designated gates on Cubbon Road, Link Road and Queens Road, while specific gates have been earmarked for exit. Gate E-10 on Queens Road is reserved for players, support staff, stadium authorities and VIPs, it said.

Pick-up and drop-off points for Ola, Uber and auto rickshaws have been arranged at BRV Ground and Manekshaw Parade Ground, the advisory added.

Police urged the public to use BMTC buses and metro services to avoid traffic congestion around the stadium. — PTI

Knight Riders collapse as CSK defend patchy total

Kolkata Knight Riders faced a batting collapse while chasing the total of 192 posted by Chennai Super Kings in their 20 overs in their Indian Premier League (IPL) 2026 clash at the MA Chidambaram Stadium in Chennai on Tuesday. After losing its openers, KKR never managed to recover and it was just one wicket after the other for the team as it collapsed under pressure.

Opting to bat first, CSK came out all guns blazing as Samson set the tone with a flurry of boundaries in the opening over. The aggressive intent continued despite an early setback, with skipper Ruturaj Gaikwad once again failing to convert his start, falling to Anukul Roy after scoring just seven runs.

The highlight of the Power-play was young Ayush Mhatre, who lit up Chepauk with a sensational 38 off just 17 deliveries. The right-hander took on the pacers, particularly Cameron Green and Vaibhav Arora, smashing boundaries at will to propel CSK to a strong 72/2 at the end of six overs.

Dewald Brevis contributed with a counter-attacking 41 off 29 balls; Sanju Samson loses his bat while playing a shot

Samson, meanwhile, anchored the innings with a fluent 48 off 32 balls, striking four fours and three sixes. Just when he looked set for a half-century, Kartik Tyagi produced a sharp inswinger to clean him up, providing KKR a much-needed breakthrough.

Following the Power-play fireworks, KKR's spinners, led by Sunil Narine and Varun Chakaravarthy, applied the brakes effectively. The duo dried up the boundaries and forced CSK into a quieter phase, with the hosts managing only 55 runs between the eighth and 14th overs.

However, Dewald Brevis injected fresh momentum into the innings with a counter-attacking 41 off 29 balls. He combined with Sarfaraz Khan (23 off 18) to stitch together a crucial 51-run stand, taking calculated risks against both pace and spin.

KKR struck back through Narine, who bowled a clever knuckle-ball to dismiss Sarfaraz, while Tyagi impressed at the death, picking up key wickets and finishing with figures of 2/35.

CSK lost the momentum towards the end as the KKR bowlers managed to thwart Shivam Dube and Jamie Overton from hitting the big shots. Disciplined death bowling from Tyagi ensured the scoring rate didn't spiral out of control, with just eight runs coming off the final over.

From a commanding 162/3 in 16 overs, CSK's lower order steadied the innings but couldn't fully capitalise in the death. Nonetheless, the early aggression and Brevis' flourish ensured a competitive total on a pitch that aided the bowlers.

—IANS

Slim chance for a swim

CONTINUED FROM PAGE 1

to do with egos or differences of opinions between two political parties. I appeal to the authorities concerned to inaugurate the swimming pool without much delay for the benefit of residents, especially school children," said Nagabhushan P, a resident.

Demanding the authorities make best use of the swimming pool, Devesh N, another resident of the area, said the opening of the pool would be a boon for residents and a source of revenue for Bengaluru West City Corporation. "Most of the residents in and around Laggere belong to middle-class families and cannot afford to go to private swimming pools. I appeal to politicians not to delay the inauguration of the swimming pool. It is the public who suffer due to the tussle between politicians," said Devesh.

BWCC Executive Engineer (Laggere) was not available for comment.

The dilapidated condition of the swimming pool near JP Park is proof that the authorities are not interested in maintaining public amenities. The swimming pool was inaugurated by the then Chief Minister DV Sadananda Gowda on January 30, 2012 in the presence of the BBMP

Mayor Sharadamma and the then MLA of RR Nagar M Srinivas. Now, the swimming pool premise looks like an abandoned structure. The premise is full of weeds, and the doors and windows are broken.

According to the residents, there was a proposal to renovate the swimming pool but there has been no progress due to petty politics. "The premise has become a favourite destination for drug users and sex workers at night. It would be a great help for the residents around, especially children, if the authorities renovate the swimming pool. I appeal to the politicians to forget their differences and egos for the welfare of people," said Narayana Gowda, a resident.

Bengaluru West City Corporation (BWCC) Executive Engineer (Dasarahalli) was not available for comment.

Crackdown on prison contraband underway, says Parameshwara

Karnataka Home Minister G Parameshwara on Tuesday said the state government has initiated stringent measures to curb the supply of contraband, including ganja and mobile phones, in prisons across the state.

He said the government had taken serious note of illegal activities originating from Parappana Agrahara jail and spreading to other prisons, prompting immediate administrative and technological interventions.

"For many days, as you are aware, in Parappana Agrahara Jail, they had been supplying ganja to several prisons across the state, and were also providing mobile phones. Such activities had come to the notice of the government," he said.

To address the issue, the government appointed senior officials to investigate and take corrective action. "At that time, we felt that all this must be curbed by appointing a senior officer - to find out why this is happening and who all are involved, including whether any of our own personnel are involved," he said.

The minister said the appointment of Alok Kumar as Director General of Police (Prisons) had begun yielding results, with increased detection of violations.

"After he took charge, these issues have been increasingly coming to light in all prisons. The police have also been conducting surprise raids and making detections," he said.

Highlighting structural reforms, he said advanced surveillance systems have been introduced.

"These CCTV systems are equipped with Artificial Intelligence (AI) cameras that can even capture audio — I mean conversations can also be heard at the headquarters," he added. **PTI**

Green tribunal looking at KTCDA amendment bill

CONTINUED FROM PAGE 1

CPCB, in its report, has highlighted that the Board issued a guideline entitled "Indicative Guidelines for Restoration of Water Bodies" in June 2019 for ensuring restoration of water bodies and circulated it to all the state pollution control boards, including the Karnataka State Pollution Control Board.

As per the guidelines, no activity is allowed within the buffer zone. In case any activity presently exists within the buffer zone (50 to 100 m), such as residential, commercial, or industrial activity should take necessary measures to prevent discharge of any waste into the water body. Within the buffer zone, no impervious cover is allowed, and mainly plantation with a dense population of deeply rooted plants, trees, shrubs, and grasses should be created so as to absorb nutrients (which promotes aquatic plant growth and a shift in the water quality) that come directly from the anthropogenic activities.

A few years ago NGT had also directed all states to designate a nodal agency for the restoration of water bodies. In compliance with the order, Karnataka designated the Karnataka Tank Conservation and Development Authority as the nodal agency to ensure compliance regarding the restoration of stagnant water bodies. The Central Monitoring Committee (CMC), constituted under the Ministry of Jal Shakti (MoJS), periodically reviews the progress regarding the implementation of action plans for the restoration of water bodies.

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I, Ravikumara.C.K S/o Kariyappa R/o No 168, Chikkenahalli, Chikkamuduvadi, Kanakapura, Ramanagar 562117 KA have changed my name to Ravikumar.C.K for all purposes.

I, Rukhsana Mehboob Khan R/o 39/1-1,1st Main Road,4th Cross, JJR Nagar B'lore-560018 have changed my name to Rukhsana Sharif.

I, Shrijit S/O Shrinivas J Hunsikatti R/O #91, Shrijay, 1st Floor, BTM Meadows, 5th Cross, Vyasraja Road, 4th Cross, Akshayanagar, Bommanahalli, Bangalore-560068. I have changed my name from Shrijit to Shrijit Shrinivas Hunsikatti for all purposes. Sworn before the notary, Mr. Arvind Patil G.G

I, NAIMISHA (Old Name) W/o Rajampalli Venkata Phani Kiran residing at Bhavisha Bentley Greens, Kadaagrahara village, Sarjapura, Bengaluru, Karnataka 562125 have changed my name to NAIMISHA ALLAMRAJU (New Name) vide affidavit dated: 14/4/2026 Before Notary K.V.Mani Bangalore.

I Aakanksh Ramesh Sankannavar, R/o, villa no.sr02, Earth and sky by urbanx, Seegehalli-Kannamangala road,near Sri Sai paradise apartment, seegehalli bengaluru- 560067, Have changed my name Aakanksh Sankannavar to Aakanksh Ramesh Sankannavar

I KEERTI SURAGON DHARWAD, W/o, Sadanand Pyati, Residing at, 271, Kalas post, Kundgol Taluk, Dharwad, 581107, have changed my name to KEERTI SADANAND PYATI for all purposes.

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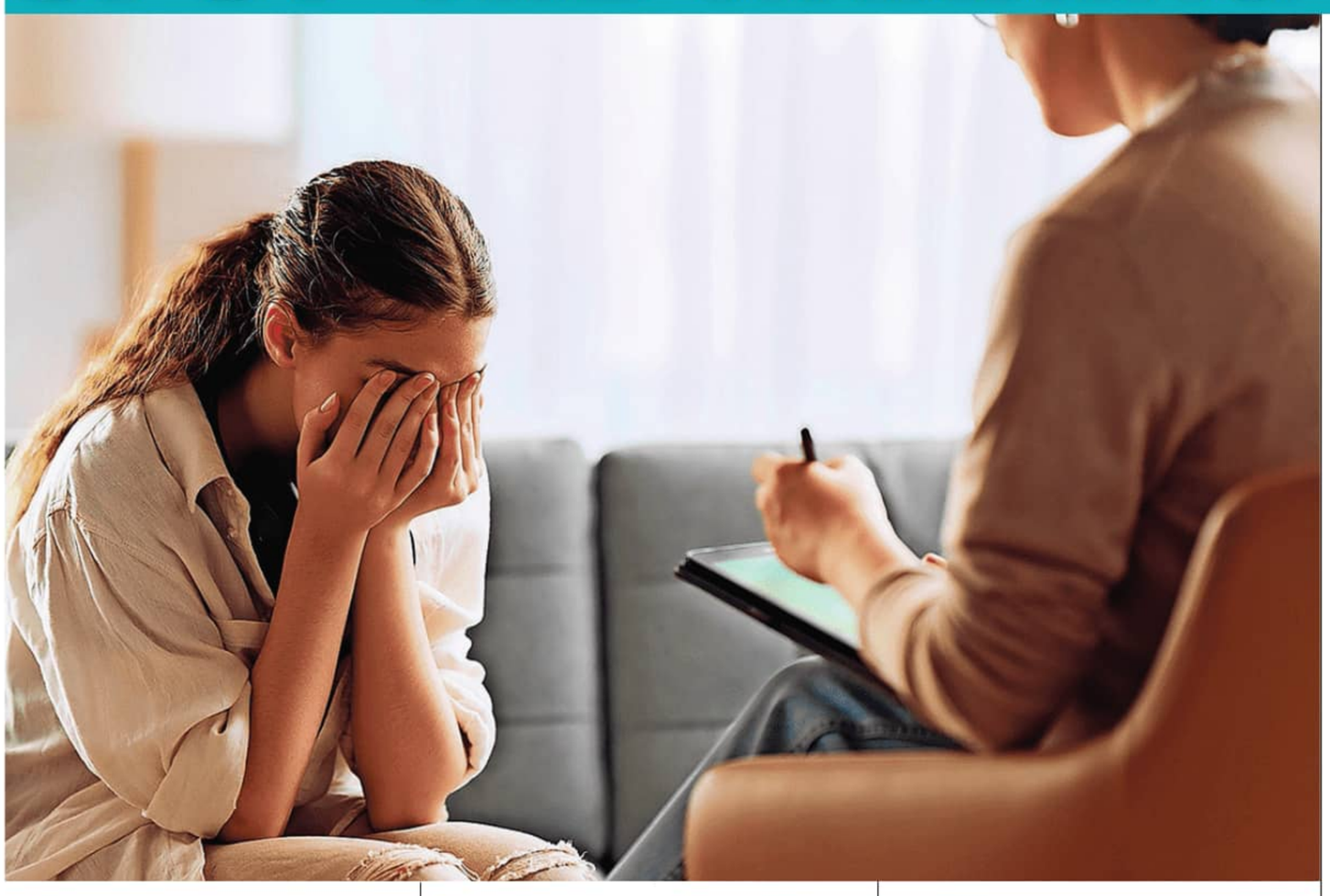


Subtle behaviour changes may signal deeper mental health struggles, experts warn

Experts wish more people spotted the signs earlier: feeling overwhelmed, not feeling "like yourself," shifts in sleep, behaviour and mood.

The United States has a mental health problem, data from the US Centers for Disease Control and Prevention show. More young people, especially girls, are reporting poor mental health. While the national suicide rate fell slightly in 2024, it did so from one of its highest levels ever reported.

Mental health crises can happen abruptly or build to a tipping point over time. They can be fuelled by sudden loss, trauma, personal or societal upheaval, underlying health conditions, or a combination of factors. Experts say the best response is to spark a conversation early and connect to a broader support system.

Mental health professionals say what constitutes a crisis varies from person to person, but certain signals can indicate someone is struggling. "My crisis might not be your crisis, but what we do know is that — however people define crisis — there is a change in how they're feeling, a change in how they're behaving," said Dr Theresa Miskimen Rivera, president of the American Psychiatric Association.

Crises can start as someone feeling depression or anxiety without being able to pinpoint the cause, she said. Other signs include not enjoying activities they once liked, engaging less socially, sleep irregularities, decreased hygiene, increasing use of alcohol or drugs, extreme mood swings, talking about being a burden, or feeling hopeless or wanting to die.

If these changes are noticed, experts say it is time to start a conversation. Crisis intervention professionals recommend preparing beforehand by reviewing resources from organisations such as the National Alliance on Mental Illness, The Trevor Project, the American Psychological Association and 988, the US mental health crisis hotline.

"We get more than 10 million calls, chats and texts a year, and a lot those are actually people just looking for resources for someone in their life that's struggling," said Tia Dole, who oversees the lifeline.

Alex Boyd, director of crisis intervention at The Trevor Project, outlines four steps for starting a conversation. Begin with an open-ended question acknowledging the shift in behaviour, express care and concern, ask what the crisis looks like for them, and acknowledge the difficulty while asking directly if they are having thoughts of suicide or self-harm. He emphasised that the role is to support, not treat, and to ask what would feel helpful.

It is a common myth that asking about suicide can introduce the idea, experts said. It may feel uncomfortable, but it is important to ask directly if someone is thinking about harming themselves and whether they intend to act.

If a person has a plan, Boyd suggests asking what might lead them to act and what could help reduce that risk. If someone is in immediate danger, professional help should be sought immediately. Calling 988 or other helplines can connect individuals to crisis intervention teams or specialised resources. Emergency services such as 911 or visiting a hospital are also options, though not all responders are trained in mental health care.

Experts say mental health crises are complex and shaped by cultural stigma and other barriers. For some, using terms like "depression" or "anxiety" may cause them to shut down. Others may not respond immediately but may open up later.

Dole recommends using "parallel activities" such as walking or driving to reduce pressure and create a comfortable space for conversation. It is important to validate and normalise the person's experience without minimising it. Sharing personal experiences can help to a degree, but the focus should remain on the person in need.

Support may also be required over a long period, as navigating the mental health system can be difficult. Access to care may depend on insurance, location or personal identity, and finding the right professional may take time.

"Getting help — the traditional, clinical help — is really hard," Dole said. "It takes perseverance to find a clinician." She also encouraged people to seek nonmedical support such as community organisations, schools and faith-based groups.

Above all, experts emphasise compassion and understanding. "Being suicidal or having a mental health crisis does not diminish who they are as your loved one," Dole said. "They're still them."

If you know someone is in a mental health crisis, experts say the best thing to do is to spark a conversation and connect them to resources and professional help. —AP

MIRRORLIGHTS

Maternal depression linked to adult psychosis risk

An analysis has found that maternal depression in late pregnancy is linked to psychotic symptoms in offspring later in adulthood.

The study of two decades' data of 5,329 adult offspring who participated in the US' Avon Longitudinal Study of Parents and Children found distinct patterns of links between parental depression and later mental health symptoms.

Researchers, including those from Yale University's school of medicine, found that maternal depression at almost every stage in offspring development, from pregnancy onward, was linked with depressive symptoms in adulthood.

The findings, published in The Journal of the American Medical Association (JAMA) Network Open, showed that from eight months after birth onward, maternal depression was linked with anxiety symptoms in offspring.

"In this cohort study, analyses of 2 decades of data found distinct temporal associations between maternal and paternal depression and offspring psychiatric symptoms, and pregnancy was found to be a sensitive period in the association between maternal depression and offspring psychotic experiences," the authors wrote.

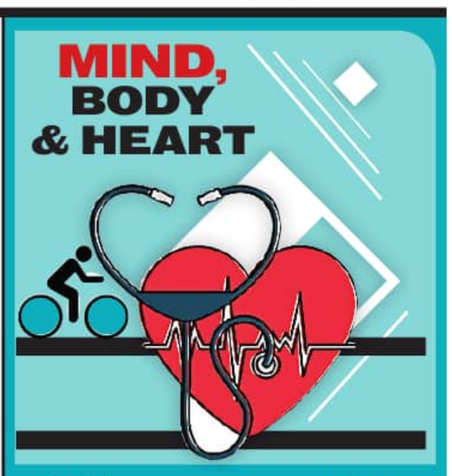
"Maternal prenatal depression at 32 weeks' gestation was associated with offspring psychotic symptoms," they said.

Psychotic symptoms in the offspring were assessed at age 24 through the standardised 'Psychosis-Like Symptoms Interview'.

Psychotic experiences are associated with, and predictive of, psychotic disorders, including schizophrenia.

The adult offspring were evaluated for 12 aspects of psychotic experiences, including hallucinations, delusions, and thought insertion, from age 12.

The findings align with previous studies showing that chronic exposure to parental depressive symptoms increases the risk of depression, anxiety, and psychosis in adulthood. —PTI



All you need to know about...

Liver crisis

Global surge
About 1.3 billion people around the world were living with Metabolic dysfunction-associated steatotic liver disease (MASLD) in 2023, marking a 143 per cent increase since 1990, a study published in The Lancet Gastroenterology and Hepatology journal has estimated. The analysis, based on data from the Global Burden of Diseases, Injuries, and Risk Factors Study (GBD) 2023, also projected that global cases of MASLD could rise to about 1.8 billion by 2050, driven largely by population growth and lifestyle changes, including increasing rates of obesity and high blood sugar.

Regional trends
Researchers forming the GBD 2023 MASLD Collaborators also found that regions such as North Africa and the Middle East had disproportionately higher rates of MASLD than other regions.
The result suggested that advances in treatment and care are helping people live longer and healthier, and that the increase in the number of cases is mostly happening in the early stages of the disease, the researchers said.

Health risks
However, the growing number of cases still means that many people are at risk of developing serious complications including liver cirrhosis or cancer in the future, they said. The findings highlight that MASLD is increasingly affecting younger adults in low- and middle-income countries, amid urbanisation and lifestyle changes, the team said.

Call to action
The study also underscores the importance of recognising MASLD as a global health priority and of developing dedicated policies, awareness campaigns, and interventions to mitigate its growing impact and prevent future complications, they said.
"In 2023, approximately 1.3 billion individuals were estimated to be living with MASLD, representing a sharp rise globally since 1990," the authors wrote. —PTI

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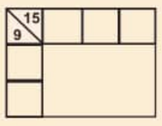
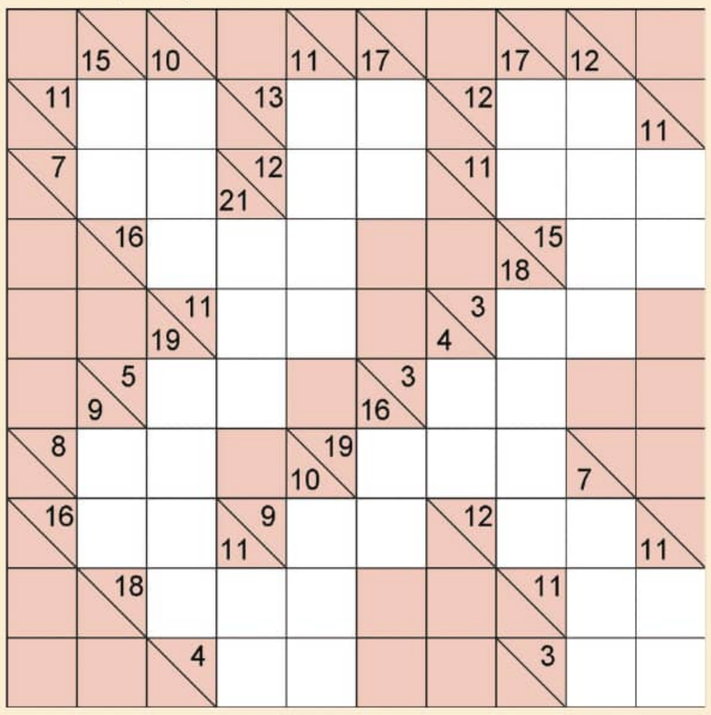
facebook.com/theBangaloremirror
@BangaloreMirror

Kakuro

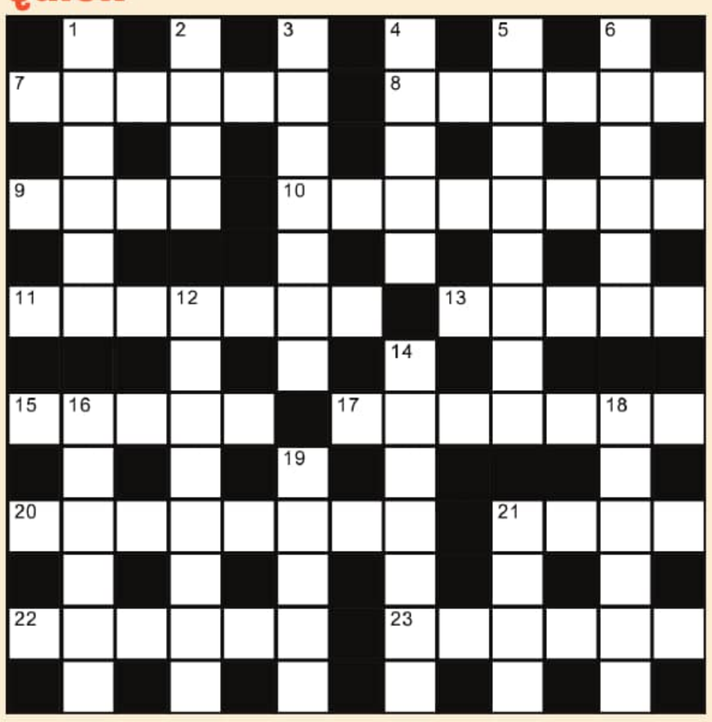
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Gloomy (6)
8 Larynx site (6)
9 K Asif's magnum opus Mughal-e-___ (4)
10 Italian artist ____ da Vinci (8)
11 Crack (7)
13 City in North Karnataka (5)
15 Golfing trophy: ___ Cup (5)
17 In serious trouble? (4,3)
20 Overtly theatrical or histrionic (8)
21 Use one's teeth (4)
22 Thinner (6)
23 Big-top show (6)

DOWN

1 Russian greyhound (6)
2 Wordsworth work? (4)
3 Insect antennae (7)
4 ___ out : was prominent? (5)
5 Animal (8)
6 One who damages valuable things (6)
12 Guiding (8)
14 Scheme or brew? (7)
16 Barked like a small dog (6)
18 Production (6)
19 Tale (5)
21 Cattle shed (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: N EQUALS G

K HDR ILMKLZL DRAQOKRN, WFUZKVLV QODQ KQ KE YTKQL KRHFLVKIML.–UEHDF CKMVL

Linemaro

I know so many digits of Pi, yet not your phone number

Mindchow

Power does not corrupt men; fools, however, if they get into a position of power, corrupt power

Joke of the day

My doctor is wonderful; once, when I couldn't afford an operation, he touched up the X-rays

Loop

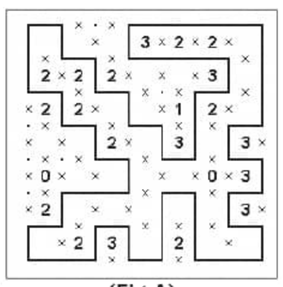
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

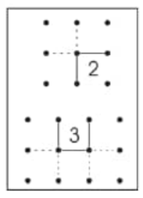
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

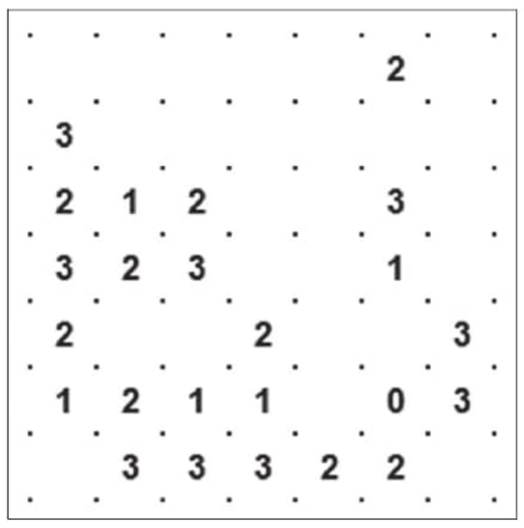
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



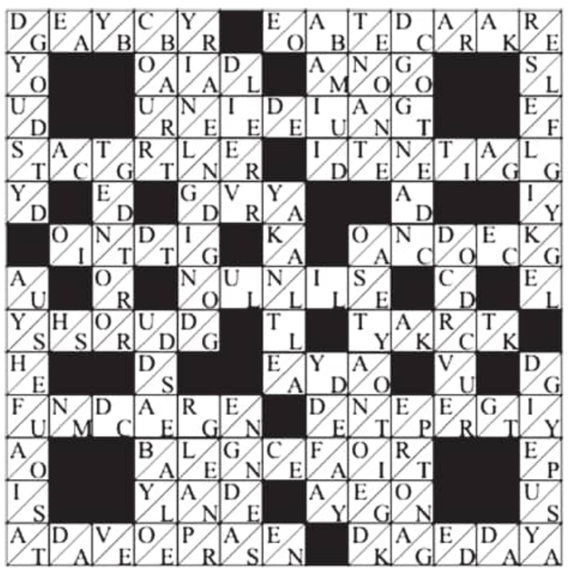
(Fig A)



(Fig B) Not Allowed



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4 F	5
6				
7				
8				
9				

ACROSS

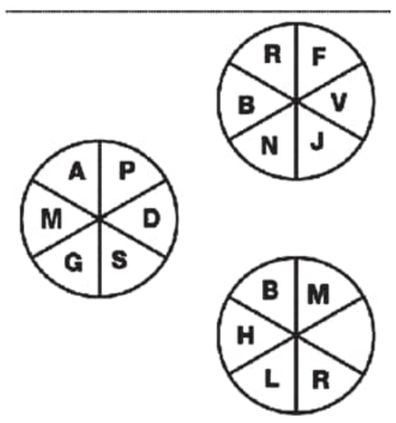
1 E flay; 6 In une; 7 Oread; 8 Plead; 9 Drent

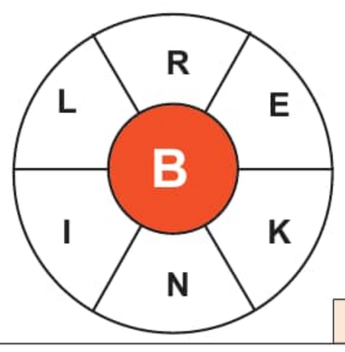
DOWN

1 Lepta; 2 E nerd; 3 No ade; 4 An fur; 5 I'd lye

Mensapuzzle

Which letter is missing from the bottom circle?





Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

06 Average; 07 Good; 09 Outstanding

SudokuChallenge

8								2
			8		3			
	7	5	9		4	3	6	
	1	3				7	5	
	9		2		5		8	
	6	8				2	1	
	5	7	3		8	9	2	
			1		7			
4								7

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 20

4 6 5 5

Medium = 19

2 8 8 1

Hard = 33

2 5 6 9

Hocusfocus

Find at least six differences in details between panels.

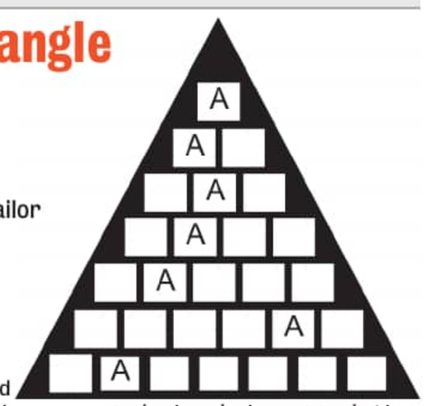
Differences: 1. Arm is longer. 2. Sock is shorter. 3. Bat is moved. 4. Bush is taller. 5. Glove is different. 6. Boy is moved.

Riddler

Shorter than my four siblings, but easily the strongest, sometimes I wear a funny hat. What am I?

Alpha triangle

1 First letter
2 Article
3 Proscribe
4 Snares
5 Musical groups
6 Arabian Nights sailor
7 Brigands

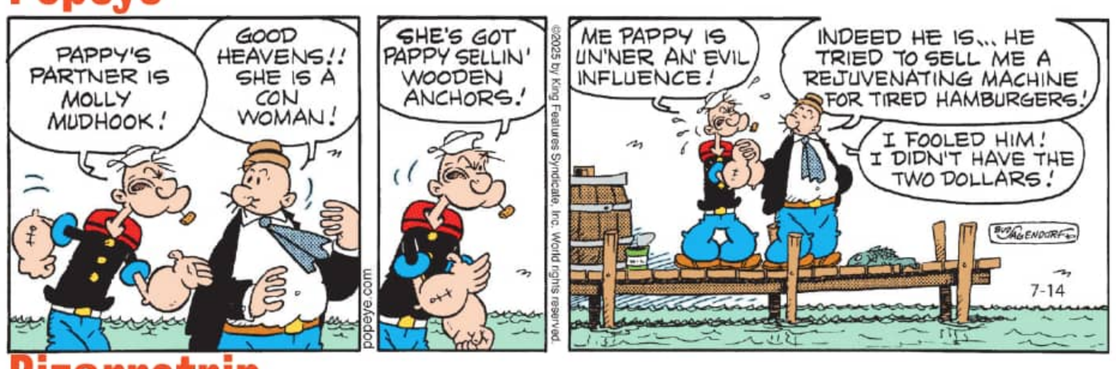


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye


PAPPY'S PARTNER IS MOLLY MUDHOOK!
GOOD HEAVENS!! SHE IS A CON WOMAN!
SHE'S GOT PAPPY SELLIN' WOODEN ANCHORS!
©2025 by King Features Syndicate, Inc. World rights reserved
popeye.com
ME PAPPY IS UN'NER AN' EVIL INFLUENCE!
INDEED HE IS... HE TRIED TO SELL ME A REJUVENATING MACHINE FOR TIRED HAMBURGERS!
I FOOLED HIM! I DIDN'T HAVE THE TWO DOLLARS!
BUD HAGENDORF
7-14

Bizarrotrip

I like it. It's funny, it's a little naughty, and it rhymes.
THERE ONCE WAS A PHARAOH NAMED TUT...
Wayno & Piraro 1·2·26
© 2026 BIZARRO STUDIOS
BIZARRO.COM Dist. by King Features

Diamond Lil

ANY NEW YEAR'S RESOLUTIONS, HOWARD?
TO LOSE 20 POUNDS!
WELL, GOOD FOR YOU!
©2015 creators.com 1/2
www.creators.com
ARE YOU GOING TO DIET AND EXERCISE?
NAH, I'LL JUST STOP WEARING THE CHAINMAIL UNDERWEAR!

Hart of the city

HAPPY BIRTHDAY, DEAN!!
HEART OF THE CITY © 2026 ANDREWS MCMEEL
MAKE A WISH.
12
I WISH EVERYONE HERE STAYS MY FRIENDS FOREVER.
AUTHOR'S NOTE: WELCOME TO AGE 12, DEAN!
GOCOMICS.COM/HEARTOFTHECITY

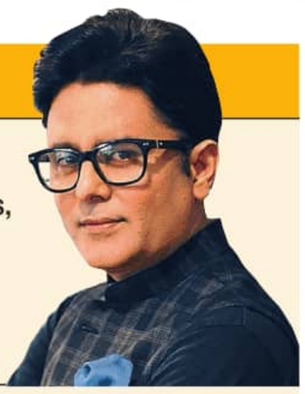
Crankshaft

I THINK THAT WEARING A FOOTBALL HELMET IN CHURCH IS SACRILEGIOUS!
WELL, IF HE'S STRUCK BY LIGHTNING... AT LEAST HE'S WEARING SOMETHING PROTECTIVE!
© 2026 Mediagraphics, Inc. Dist. by Andrews McMeel Syndication
BATIUK & DAVIS

Mutts

WRITTEN IN THE STARS

DR SUNDEEP KOCHAR



If it's your birthday today

A joyful birthday introduces a year of thoughtful progress, exciting invitations, and unexpected journeys. Travel may accompany professional opportunities expanding your influence. Romance feels warm, loyal, and quietly passionate. Financial growth follows disciplined decisions. Domestic life feels nurturing with laughter, cooking, music, and long conversations. Trust yourself, seize chances, and build the future your heart already imagines so clearly today.

Aries Mar 21 – Apr 20

Your vibrant energy helps you solve problems quickly today, Aries. Both work and personal matters benefit from your enthusiasm. A creative opportunity may appear, placing you in a leadership role.

Taurus Apr 21 – May 20

Move slowly today, Taurus. A disagreement with someone close could leave you unsettled. If a new connection intrigues you, take your time exploring it instead of rushing into emotional decisions.

Gemini May 21 – Jun 21

Your loved ones may miss spending time with you, Gemini. Fortunately, your social energy returns today. Connect with friends and family, enjoy lively conversations, and appreciate the uplifting atmosphere.

Cancer Jun 22 – July 23

Important family decisions may arise today, Cancer. Remain practical and open-minded while discussing them. Even if emotions feel mixed, supporting your family's needs will strengthen your bonds.

Leo Jul 24 – Aug 23

New interests may capture your curiosity today, Leo. Exploring unfamiliar hobbies can be refreshing, but avoid letting them disrupt your long-term career goals. Enjoy them simply as enjoyable pastimes.

Virgo Aug 24 – Sep 23

Clear communication is essential today, Virgo. Express your thoughts honestly and thoughtfully. A travel opportunity may appear; rather than rejecting it immediately, ask questions and consider the possibilities it offers.

Libra Sep 24 – Oct 22

Today feels ideal for making an important purchase, Libra. Your finances appear organized, and your judgment feels clear. Trust your decisions and allow yourself to enjoy something meaningful you've worked for.

Scorpio Oct 23 – Nov 22

Career matters deserve your attention today, Scorpio. Something you've been pursuing may finally come within reach. Stay prepared with a clear plan so you can act quickly.

Sagittarius Nov 23 – Dec 22

You may feel a hint of jealousy today, Sagittarius, but avoid letting it undermine your confidence. Remember your worth and trust that love, success, and support already surround you.

Capricorn Dec 23 – Jan 20

Your outlook shapes today's results, Capricorn. Maintaining optimism may attract opportunities you've been waiting for. A few minutes of meditation could help clear negativity and keep your mind-set positive.

Aquarius Jan 21 – Feb 19

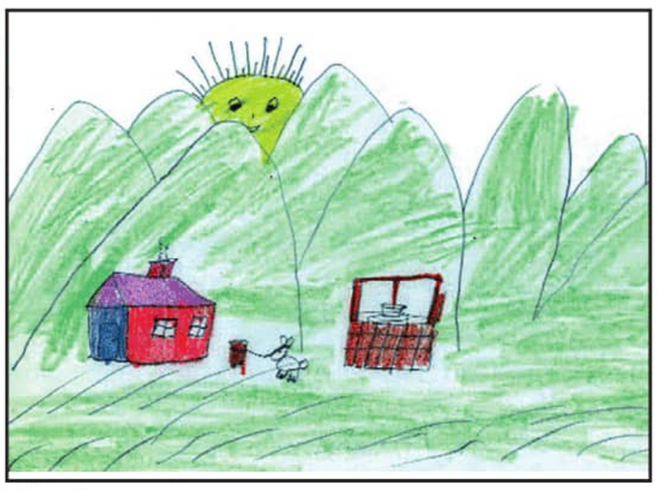
Your strong determination may create tension within a relationship today, Aquarius. Avoid pushing your opinions too forcefully. Communicating diplomatically and listening carefully will resolve misunderstandings more easily.

Pisces Feb 20 – Mar 20

Networking benefits your career today, Pisces. Even if you feel introverted, stepping out and meeting new people could open valuable opportunities, possibly even sparking romantic interest.

www.sundeepkochar.com

KIDZONE



Trishna, Bengaluru

Kiran, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M

1/5² ÷ 1/5⁻⁴ x 5¹
1/5⁻² x 5⁻⁴/1 x 5¹
5⁻⁴ / 5⁻² x 5¹
5⁻(4-2) x 5¹
5⁻² x 5¹
5⁻(2+1)
5⁻³ = 125

BULL'S EYE

bier, biker, bile, bilk, blink, BLINKER, brie, brine, brink

STRIKE OUT

G	A	B	B	Y	O	A	T	C	A	K	E			
O		O	I	L		M	O	O			L			
U		R	E	E	D	I	N	G			F			
T	A	T	T	L	E	D	E	N	I	A	L			
Y		E	D	R	Y		A				I			
I	N	T	I		A		A	C	O	C	K			
U	O		N	U	L	L	S		C		E			
S	H	R	U	G		T		T	A	C	K			
H		S			A	D	O		U		G			
U	N	C	A	G	E		E	N	E	R	G	Y		
A		B	E	N	E	F	I	T			P			
I		L	A	D		Y	E	N			S			
A	D	V	E	R	S	E		D	A	D	D	Y		

FAST FIVE

L	E	A	F	Y
E	N	N	U	I
A	D	O	R	E
P	E	D	A	L
T	R	E	N	D

RIDDLER

Thumb

QUICK

		D		G		T		Y		T				
	L	E	A	N	E	R		C	I	R	C	U	S	
	O		P		I		O		Y		P			
O	P	E	R	A	T	I	C		B	I	T	E		
	A		E		S		N				U			
R	Y	D	E	R		D	O	N	E	F	O	R		
			T		S		C		R					
F	I	S	S	U	R	E		H	U	B	L	I		
	O		E		D		T				A			
A	Z	A	M		L	E	O	N	A	R	D	O		
M	O	R	O	S	E		E		O		E		N	
	R		E		O		E		D		T	H	R	O
B		P		F		S		C		V				

STRIKE OUT

A	D	V	E	R	S	E		D	A	D	D	Y		
I		L	A	D		Y	E	N			S			
A		B	E	N	E	F	I	T			P			
U	N	C	A	G	E		E	N	E	R	G	Y		
H		S			A	D	O		U		G			
S	H	R	U	G		T		T	A	C	K			
U		O		N	U	L	L	S		C		E		
I		N	T	I		A		A	C	O	C	K		
Y		E		D	R	Y		A				I		
T	A	T	T	L	E		D	E	N	I	A	L		
U		R	E	E	D	I	N	G			F			
O		O	I	L		M	O	O			L			
G	A	B	B	Y		O	A	T	C	A	K	E		

MENSA PUZZLE

G. In each circle, going clockwise, alternate letters increase in value by 3 steps for the left hand circle, 4 for the upper and 5 for the lower circle.

QUOTE UNCODE

I can believe anything, provided that it is quite incredible. – Oscar Wilde

SUDOKU

8	3	6	5	7	1	4	9	2
9	4	2	8	6	3	1	7	5
1	7	5	9	2	4	3	6	8
2	1	3	4	8	6	7	5	9
7	9	4	2	1	5	6	8	3
5	6	8	7	3	9	2	1	4
6	5	7	3	4	8	9	2	1
3	2	9	1	5	7	8	4	6
4	8	1	6	9	2	5	3	7

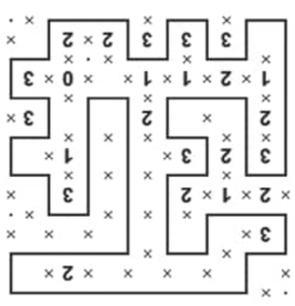
ALPHA TRIANGLE

A, An, Ban, Nabs, Bands, Sinbad, Bandits.

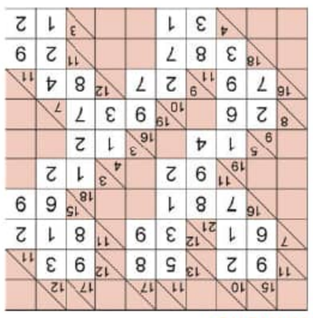
GO FIGURE

Easy
5 + 4 + 6 + 5 = 20
Medium
2 + 8 + 1 + 8 = 19
Hard
2 + 5 x 6 – 9 = 33

LOOP



KAKURO



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Test drive Hyundai CRETA before you decide on any other car.

Model	Hyundai Creta	Tata Sierra*	Maruti Suzuki Grand Vitara*	Toyota Urban Cruiser Hyryder*
Variant	SX Petrol 1.5L Premium	Adventure Plus 1.5	Alpha (O) 2WD	V 2WD Petrol 1.5L
Average Ex-Showroom Price	Rs. 15.79 Lakh	Rs. 15.99 Lakh	Rs. 15.78 Lakh	Rs. 15.97 Lakh
Max Power (bhp@rpm)	113 bhp @ 6300 rpm	105 bhp @ 6000 rpm	102 bhp @ 6000 rpm	102 bhp @ 6000 rpm
Manual - 6 Gears	✔	✔	X	X
Brake Override System	✔	X	X	X
Driver Rear View Monitor (DRVM)	✔	X	X	X
Dashcam	✔	X	X	X
Ambient Sounds	✔	X	X	X
Puddle Lamps	✔	X	X	✔
Infotainment Screen	10.25" Touch-screen Display	12.29" Touch-screen Display	9" Touch-screen Display	9" Touch-screen Display
Audio System	8 Speakers, 1 Subwoofer, 2 Tweeters	4 Speakers, 4 Tweeters	4 Clarion Speakers, 2 Tweeters	4 Speakers, 2 Tweeters
Call Reject with SMS	✔	X	X	X
Vehicle Tracking Via App	✔	X	✔	X
Breakdown Assistance Call Button	✔	X	X	X
Over The Air (OTA) Updates	✔	X	X	X
Home-to-Car Connectivity - Alexa	✔	X	X	X
Navigation On Instrument Cluster	✔	X	X	X
Tyre Position Display	✔	X	X	X
Gear Shift Indicator	✔	X	✔	X
Vehicle Warranty	3 Years / Unlimited Kms	3 Years / 100000 Kms	3 Years / 100000 Kms	3 Years / 100000 Kms

*Source - Carwale.com

30 CELEBRATING THIRTY YEARS IN INDIA | 6 hai toh safe hai 6 airbags standard | 3 YEAR Unlimited** Kilometer Warranty Up to 7 years extended warranty^^

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